

Highlights:

1 - Meet details for Saturday, January 16th are as follows:

Boys host Plymouth-Whitemarsh at CB South - arrive 1:15pm, warm-up 1:30pm, start 2pm

Girls at Wissahickon - arrive 9:45am, warm-up 10am, start 10:30am

Note that I am having trouble changing these details on the website (it still displays TBD and midnight start times). The times in this email are the correct times! Do please keep your eye on email this week in case there is a change.

2 - Approaching deadlines:

League champs sponsorships - Friday, 1/15 (see email dated 1/8)

Individual champs sign-up - Wednesday, 1/20 (see emails dated 1/8)

3 - There is no SWAC practice this Wednesday, January 13.

4 - Remember to sign-in or out of the dual meets on Saturday. The deadline for sign-in/out is (as usual) this Wednesday at 9PM.

Reminders:

5 - Be sure to get any outstanding payments in ASAP and...make sure you sign (and otherwise properly fill out) your checks.

6 - There is no SWAC practice on the following dates. If you do not make a note of these dates now and cannot find them later, the calendar on the website is a good place to check for this info.

January 13, 20, 27

February 4

7 - Registration for the Pennsbury Splash invitational is now closed. This meet will be held at the College of New Jersey on Sunday, January 17. Information about the meet can be accessed through the link on the invitationals page of our website and will be on the SWAC bulletin board ASAP. As usual, this meet is MA accepted. All attendees have been sent a message regarding timing assignments for this meet.

8 - The final invitational of the season (Last Chance at Upper Merion) will be held on SATURDAY, January 23. Details of this meet can currently be viewed by following the link on our website (invitationals page). Such details are also on our bulletin board. Sign-up for this meet

is now closed. All attendees have been emailed with timing assignments and a special note about champs for Last Chance attendees.

9 - The **diving well** is **off limits** during meets and practice. Also, the **ice machine** on deck is **off limits**. This ice is mainly for use by coaches to make ice packs in the event of an injury on deck. No swimmer at any time should touch the machine - this includes opening it and eating (yuck - lots of dirty hands in there) or throwing the ice. The ice machine is also not a refrigerator - please don't put your water bottles or food items in it. This is an expensive piece of equipment - make sure your children aren't responsible for damaging it.